

Montana School Nutrition and Physical Activity Survey - 2005 Administrator Form

Directions: Please mark the responses below that best describe nutrition and physical activity practices currently taking place at your school. Items are based on the U.S. Department of Agriculture components of a Healthy School Nutrition Environment. If you work at more than one school, you may complete the survey about any combination or all of your schools. Please indicate the grade levels of the school or schools about which you are answering questions in number one (below). You may wish to look over the survey items before you start to see whether they apply more to a particular school than combined schools.

School Information

1. For which grade levels are you completing the survey? (Mark all that apply)

- ☐ pre K ☐ K ☐ 1st ☐ 2nd ☐ 3rd ☐ 4th ☐ 5th ☐ 6th ☐ 7th ☐ 8th
☐ 9th ☐ 10th ☐ 11th ☐ 12th

2. What is the current student enrollment for the school(s) above? _____ students

Nutrition and Physical Activity Policies/Procedures

3. Does your school (or district) have a policy/procedure that guides the following areas? (Mark all that apply.)

- | | |
|--|---|
| <input type="checkbox"/> Vending machine contents (food and beverage choices) | <input type="checkbox"/> Vending machine access (times of day that students may use vending machines) |
| <input type="checkbox"/> A la carte food and beverage choices | <input type="checkbox"/> Snack bar/school store food and beverage choices |
| <input type="checkbox"/> Classroom parties and student rewards | <input type="checkbox"/> Fundraisers (bake sales/candy sales) |
| <input type="checkbox"/> Concession (sports/after school events) food and beverage choices | |
| <input type="checkbox"/> Overall School Wellness Policy (that meets upcoming 2006 USDA requirements) | |
| <input type="checkbox"/> Other Nutrition/Physical Activity Policies: _____ | |

For Elementary Principals:

4. Do any grade levels at your school have recess scheduled before lunch? ☐ Yes ☐ No ☐ Not Sure

If **Yes**, in what areas have you noted benefits from recess before lunch? (Mark all that apply.)

- | | |
|--|---|
| <input type="checkbox"/> Increased consumption of healthy foods at lunch | <input type="checkbox"/> Calmer/more orderly cafeteria atmosphere |
| <input type="checkbox"/> Improved classroom or playground behavior | <input type="checkbox"/> No benefits observed |
| <input type="checkbox"/> Other benefits: _____ | |

5. Which of the following groups have expressed interest or support for health-related changes at your school? (such as more nutritious food choices or physical activity time). (Mark all that apply.)

- ☐ School Board/Administration ☐ Students ☐ Parents ☐ Staff ☐ None ☐ Other:

6. Does your school currently have a Wellness/School Health Committee? ☐ Yes ☐ No ☐ Not Sure

If **Yes**, what are the major responsibilities or activities of the committee?

Survey continues on the next page.

Use the following scale for items 7-15 & 18-22

SA = Strongly Agree **A** = Agree **D** = Disagree **SD** = Strongly Disagree **U/NA** = Uncertain/Not Applicable

Nutrition Environment and Education: (Circle the choice that best reflects your current practices.)

7. At breakfast, students (who arrive on time) have at least 10 minutes to eat their food <i>once seated</i> .	SA	A	D	SD	U/NA
8. At lunch, students (who arrive on time) have at least 15 minutes to eat their food <i>once seated</i> .	SA	A	D	SD	U/NA
9. Food is used to reward students in the classroom.	SA	A	D	SD	U/NA
10. Good nutrition is emphasized to students at school.	SA	A	D	SD	U/NA
11. Nutrition concepts taught as part of the Health Enhancement curricula are reinforced in other academic content areas.	SA	A	D	SD	U/NA
12. Teaching and food service staff work together to encourage healthful eating habits in students.	SA	A	D	SD	U/NA
13. Advertising of less healthy foods is restricted at school.	SA	A	D	SD	U/NA
14. The importance of healthy eating/physical activity is promoted to staff.	SA	A	D	SD	U/NA
15. The importance of healthy eating/physical activity is promoted with parents.	SA	A	D	SD	U/NA

16. How much of the foods/beverages available to students <u>outside the cafeteria</u> would you consider to be healthful? (vending, school store, classroom parties/rewards, fundraising efforts)	Almost All	Most	Some	Very Little to None
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17. In which of the following areas has your school made changes (or is considering changes) to increase healthy food choices for students, staff, and families? (Mark all that apply.)

<input type="checkbox"/> Vending machine contents (food and beverage choices)	<input type="checkbox"/> Vending machine access (times of day that students may use vending machines)
<input type="checkbox"/> School meals/snack program	<input type="checkbox"/> A la carte food and beverage choices
<input type="checkbox"/> Snack bar/school store food choices	<input type="checkbox"/> School fundraisers (bake sales/candy sales)
<input type="checkbox"/> Classroom parties and student rewards	
<input type="checkbox"/> Concession (sports/after school events) food and beverage choices	
<input type="checkbox"/> Other : _____	

Please complete the following section if your school(s) has received training, assistance, or information services from Montana School Nutrition/Team Nutrition within the past 3 years. Team Nutrition is the nutrition education component of school meals and is administered under the Office of Public Instruction. It is located at Montana State University – Bozeman. If you have not received any services, skip to number 23.

Team Nutrition Services: (Using the scale above, circle the choice that best reflects your current practices.)

18. Services increased awareness of the importance of nutrition and physical activities for academic performance.	SA	A	D	SD	U/NA
19. Staff members who received services learned ways to support good nutrition and physical activity for students.	SA	A	D	SD	U/NA
20. My school made changes, based on information or support provided by School Nutrition/Team Nutrition.	SA	A	D	SD	U/NA
21. Overall, services provided were valuable for my school.	SA	A	D	SD	U/NA
22. Staff would be interested in follow-up services from Team Nutrition.	SA	A	D	SD	U/NA

Survey continues on the back of this page.

23. What strategies/approaches has your school found to be most effective in promoting healthy nutrition and physical activity?
24. What difficulties/obstacles have you encountered in your efforts to address student nutrition and physical fitness?
25. How can Team Nutrition best assist your efforts to improve student nutrition and physical fitness at your school?

Thank you for taking the time to complete this survey. Please return to Montana State University in the enclosed postage-paid envelope by **May 9, 2005.**